



Herb Crusted Salmon

READY IN



25 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs fresh
- ☐ 3 tablespoons butter melted
- ☐ 1 tablespoon optional: dill fresh roughly chopped
- ☐ 2 tablespoons tarragon leaves fresh finely chopped
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 36 ounce to 6 center-cut salmon fillets

Equipment

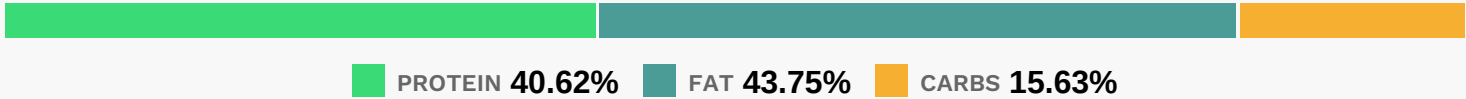
- ☐ food processor

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Blend the tarragon with bread crumbs, salt and pepper, to taste, in a food processor, pulsing in the dill last.
- ☐ Remove and stir in just enough melted butter to create the consistency of wet sand.
- ☐ Pat the salmon dry and season on all sides with salt and pepper, to taste.
- ☐ Heat 1 tablespoon of butter in a large saute pan and sear the salmon, flesh side down, over medium- high heat, about 2 minutes. Do not crowd pan. Flip and top each fillet with the herb/crumb mixture.
- ☐ Put the pan in the oven and bake until the fish flakes with a fork. About 8 to 12 minutes.
- ☐ Transfer the fish to a platter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:27.681738905285%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 369.74kcal (18.49%), Fat: 17.58g (27.05%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 13.15g (4.78%), Sugar: 1.12g (1.24%), Cholesterol: 108.6mg (36.2%), Sodium: 446.89mg (19.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.49%), Selenium: 66.79µg (95.42%), Vitamin B12: 5.48µg (91.4%), Vitamin B3: 14.78mg (73.88%), Vitamin B6: 1.47mg (73.49%), Vitamin B2: 0.75mg (44.28%), Phosphorus: 378.92mg (37.89%), Vitamin B1: 0.56mg (37.65%), Vitamin B5: 2.94mg (29.38%), Potassium: 941.43mg (26.9%), Copper: 0.49mg (24.36%), Manganese: 0.38mg (18.99%), Folate: 68.49µg (17.12%), Iron: 2.99mg

(16.62%), Magnesium: 65.35mg (16.34%), Zinc: 1.45mg (9.65%), Calcium: 81.87mg (8.19%), Vitamin A: 346.11IU (6.92%), Fiber: 0.98g (3.94%), Vitamin K: 1.68µg (1.6%), Vitamin C: 1.22mg (1.48%), Vitamin E: 0.18mg (1.18%)